



## A Family Investment Questionnaire for Breastfeeding Moms

There is no finer first investment in your baby's future than breastfeeding. Here is an easy way to show moms who breastfeed how many ways this one investment benefits the whole family!

For every statement below that applies to you and your family, please give yourself 10 points.

1. Your baby breastfed within the first 2 hours of life. This makes bonding between you and your baby easier and helps increase your milk supply. You got breastfeeding off to a great start! \_\_\_\_\_
2. Your baby received colostrum. Your body makes colostrum or "first milk" right after your baby is born. Colostrum helps your baby fight germs right after birth. \_\_\_\_\_
3. Your baby breastfed at least 3 times a day the first week of life. By nursing at least 3 times a day, your baby is less likely to be sick, you help your baby's digestive system, and your body recovers quicker from birth. \_\_\_\_\_
4. Your baby received only breastmilk--not water, juice or formula in the first few weeks of life. If your baby ate nothing but mother's milk the first 4 to 6 weeks of life, your baby will have fewer tummy aches and fewer visits to the doctor. \_\_\_\_\_
5. Your baby breastfed for 4 months. You have probably worked through any common early nursing problems. You and your baby are confident and proud. \_\_\_\_\_
6. Your baby breastfed for 4 to 6 months. Your baby is less likely to have allergies during the first year of life. There is less chance of your baby having ear infections. Your baby is less likely to have some childhood cancers. \_\_\_\_\_
7. Your baby breastfed for 6 months before starting solid foods. Most babies are not ready to start solid foods until they are about 4-6 months old and need no other food except mother's milk. Mother's milk gives babies everything they need the first 6 months of life. \_\_\_\_\_
8. Your baby breastfed for 9 months. Babies breastfed for 9 months or longer have improved brain development and are more likely to perform better in school later. \_\_\_\_\_
9. Your baby breastfed for 1 full year. Many of the health benefits your baby has received from breastfeeding will last throughout your baby's life. Your baby's immune system is stronger. There is less chance of your baby having speech problems. Your baby is more likely to have straighter teeth. \_\_\_\_\_
10. Your baby breastfed for 2 years or longer. Your baby will be less likely to get osteoporosis, lung illness and chronic allergies. You reduced your risk for breast cancer and your nursing daughter's risk for breast cancer later on. \_\_\_\_\_

**Score results:**

90 - 100 - Congratulations! Your baby's diet meets the "gold standard" in infant feeding.  
75 - 89 - What a lucky family! Your breastfeeding investment means a healthier baby.  
50 - 74 - Great job! Pat yourselves on the back for giving your baby the healthiest start in life.  
20 - 49 - Wonderful! Your baby received the healthiest food available for a great beginning.  
10 - 19 - What a lucky baby! Be proud you gave your baby's first immunization: Mother's milk.  
0 - 9 - Congratulations on being a new parent! Enjoy this special time to cuddle and hold your baby. Remember also, to always hold your baby during feedings and never prop bottles. If interested, WIC can help you breastfeed this baby or your next baby. Ask your WIC breastfeeding counselor for more information.

**Total Score:** \_\_\_\_\_

